

PRIME TIME NEWS

August 2012

MOUNTAIN VIEW SENIOR CENTER

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Coordinators

DIANE ATIENZA
SARAH FOSTER (acting)

Office Assistant III
ROY DAY

Recreation Specialist
NANCY HUGYIK

Nutrition Program
EARLENE MINNIS
650-964-6586

Evening Building Attendants

ANTHONY CUKAR
BJ HATHAWAY
ANGELIKA IGNAITIS
RICH STEPHENS
ALEJANDRA VALLE

**COME TO THE FREE
HEALTH AND WELLNESS
DAY, SATURDAY, AUGUST
11 AT THE SENIOR CENTER.
MORE INFORMATION CAN
BE FOUND ON PAGE FIVE.**

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

Breast and Cervical Cancer (in Chinese)

健康教育 癌症檢測計劃：包含每一位婦女

癌症檢測計劃：包含每一位婦女（简称CDP：EWC）這組織專為低收入婦女提供免費臨床乳房檢查，乳房X光透視檢查，盆腔檢查和子宮頸抹片檢查。請參加CDP：EWC講座于Mountain View Senior Center 山景城老人中心，以了解有關乳腺癌和子宮頸癌及如何獲得免費檢查。

日期：2012年8月2日(星期四)

時間：下午1時 - 2時 中文解說

Are You Good to Go?

You want to plan ahead, but where do you even begin? Join Marjorie Bridges from the Funeral Education Foundation as she gives you an impartial and informative overview of options for funeral planning. She will describe what the funeral society is all about, reasons to plan ahead, how to shop for a funeral, prepaying vs. preplanning, federal and state protection for consumers, how the funeral society can help, and new trends in death care. She will answer any questions you might have, so sign up today!

When: Thursday, August 16 at 1:00 p.m.

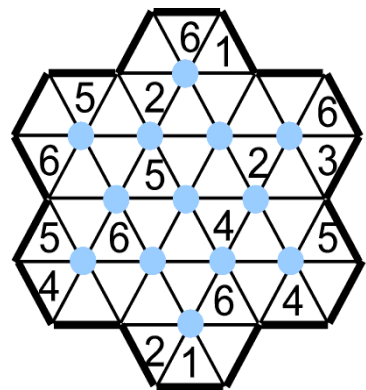
Where: Social Hall

Snowflakes: A New Kind of Sudoku

Would you like to try a new challenging Sudoku puzzle? Learn tricks of the snowflake by joining Dick Guertin, master Sudoku puzzler, for this mind-bending workshop. He will take you step-by-step through solving a snowflake Sudoku puzzle so that what at first seems impossible becomes fun and doable mental exercise. Give it a try! Instructions: Fill in the triangles around each circle the digits 1 to 6 so that each digit is only used once per circle. No number can be repeated in any partial hexagon shape along the border.

When: Thursday, August 23 at 1:00 p.m.

Where: Social Hall



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WORKSHOPS